



# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

## Program Name Walk to/at School

### Contact Information

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### Program Information

<b>Type of Program</b> Health Dept
<b>Year Coalition was Formed</b> 2003
<b>Primary program focus</b> Physical Activity
<b>Region</b> Northeastern
<b>County</b> Winnebago
<b>Coalition Web Site Address</b>

### Program Information

<b>Represented Groups on Coalition</b> Business Community Health Dept Media Schools University Other	<b>Represented Professions on Coalition</b> Educator Nurse Other
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A Wisconsin Nutrition and Physical Activity Program



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## Intervention Name Walk to/at School

### Intervention Information

<b>Type of Intervention:</b> Physical Activity Event
<b>Focus Area:</b> Biking/walking
<b>Intervention Site or Setting:</b> School
<b>Scope of Intervention:</b> School
<b>Target Audience:</b> All races and genders, Ages 5-11
<b>Total Population in Area Served:</b> 1770 elementary-age students and their parents/guardians
<b>Number of Participants:</b> 1770 elementary-age students and their parents/guardians
<b>Implementation Status:</b> Event is scheduled for one week in April, however, informational handouts and events such as making posters occur prior to the event.

<b>Partners:</b> University of Wisconsin Oshkosh Senior Nursing Students, Menasha Police Department, Menasha Park and Recreation Department, Local Businesses, Public and Private Elementary Schools and their parent groups, City Government-Mayor and City Council members.
<b>Unique Funding:</b>
<b>Evaluation:</b> Service Provision & Units Provided One-time
<b>Evidence-Based or Best Practice based on</b> Best Practice-National Walk to School Day- - CDC

### Products Developed or Materials Used:

Every year the Nursing Students develop a new tri-fold informational handout on the importance of physical activity/healthy eating which is given to every child to share with their family. Posters and art work promoting the event is also done on a yearly basis. Parent and teacher letters explaining the program are developed (some in Spanish). Event timelines and check-off lists are also developed.

### Intervention Description:

In 2004, children in grades kindergarten through 5th grade who attended elementary school in the Menasha School District participated in "Walk to/at School Day" on April 26th and April 27th. The Menasha Health Department partnered with the school administration, staff and parents; the Menasha Police Department; the Menasha Park and Recreation Department; the University of Wisconsin Oshkosh Nursing Students; local area businesses; and the media to make this event successful. Every student was given an exercise fact sheet (tri-fold) on the importance of physical activity and a healthy diet that included a daily activity chart to help students track their physical activity. All students were also given an incentive prize and additional prizes that were donated from local businesses. The event was covered by TV and the local/regional newspaper.

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